

# Helping you **stay well,** and **stay in work...**

We would like to invite you to meet a Work Smart Live Well Employment Coach. If your health is making it hard to work - or return to work - they can help.

## Listening to you

Northumberland Skills' Employability Service is a free service. Your Work Smart Live Well Employment Coach will listen to your needs and support you.

They will:

- Work with you to create a plan
- Keep in touch and help you stay on track
- Put you in touch with services that can help
- Meet with you locally, online or by phone

**You don't need to manage alone.**

## Support for you

We can help you with things like:

- Getting fitter and healthier
- Links to flexible and inclusive employers
- Money, benefits or housing
- Talking with your employer
- Looking for new opportunities that suit your goals and skills

## Who's this service for?

Our service is for adults in Northumberland who:

- Are struggling to stay in work because of health problems
- Are not working because of health problems
- Have had a fit note in the last six months
- Live in the area and have the right to work in the UK

If you feel you may benefit from this service but the above doesn't apply to you; please do still get in touch or speak to your GP.



## What happens next?

Your Work Smart Live Well Employment Coach will be in touch with you within five days. If you have any questions, email [worksupport@northumberland.gov.uk](mailto:worksupport@northumberland.gov.uk), call **01670 623894** or contact the person who referred you.

You can also visit [www.northumberlandskills.co.uk/worksupport](http://www.northumberlandskills.co.uk/worksupport) or scan the QR code for more information.

